



165 Brick Store Landing Road
Smyrna, DE 19977
302-659-DEMA (3362) or 1-877-SAY DEMA
FAX 302-659-6853

FOR IMMEDIATE RELEASE

Monday, Jan. 5, 2009

FOR FURTHER INFORMATION

CONTACT: Rosanne Pack
(302) 659-2210
(302) 222-6573

PREPAREDNESS: AN EASY NEW YEAR'S RESOLUTION TO KEEP

WEB SITES AND FREE PRESENTATIONS PROVIDE HELP

If New Year's resolutions like dieting, exercising and organizing your closets have already fallen by the wayside, pick something that is less challenging and can be rewarding all year long. You and your family can update or initiate your own emergency preparedness plan, build your own supply kit and be ready for winter storms, spring nor'easters or summer power outages.

Even though Delaware was spared serious damage from tropical storms in 2008, and, so far, the winter has been much kinder to the peninsula than it has to other regions, emergency officials encourage the public to have a household plan and good supply of necessary water, food, and light sources on hand at all times. To ensure safety and peace of mind, each household should be prepared to be self-sufficient for at least three days in case of disruptive events that cause power outages or make travel hazardous.

In addition to the obvious non-perishable foods, lots of batteries and a portable radio, there are many items that can make a day or two without electricity or a trip to the local supermarket less daunting. Games and books to keep all ages occupied, plenty of chow for the pets, a NOAA weather radio to keep you posted on what's headed our way and lots of cleansing wipes, in case running water isn't available, are all items that help make up a well-stocked supply kit.

For tips on creating a household emergency plan and putting together a supply kit, help is as close as the Delaware Emergency Management Agency or Citizen Corps websites: www.dema.delaware.gov or www.delawarecitizencorp.org. For even more personal guidance, DEMA and the Retired and Senior Volunteer Program offer free presentations on Family Emergency Preparedness. DEMA-certified RSVP volunteers are available for presentations to community organizations, church and school groups, business groups and youth organizations. Presentations include a display of items for a household emergency supply kit, tips on creating an emergency plan for home or business and materials on preparedness.

For further information or to schedule a free presentation, call DEMA Public Information Officer Rosanne Pack, 659-2210.

Resolving to be prepared before a snow or ice storm or before high winds cause a power outage is a goal the entire family can accomplish and keep the entire year. Preparedness is contagious, what starts with one family can spread throughout a neighborhood, and every prepared neighborhood frees up emergency responders to take care of those who are in dire need. Forget the diet and your cluttered closets and make preparedness a priority.

--- END ---